

in motion UPDATE



March Is Nutrition Month! Cook It Up Healthy

During March why not promote Nutrition Month at your worksite. Dietitians of Canada, with their theme “Cook it Up Healthy”, encourage Canadians to discover the pleasures and benefits of healthy eating. Here are some ideas to promote the theme at your worksite:

✓ Visit www.dietitians.ca/eatwell

- Add the Nutrition Month banner to your company web-site.
- Email staff links to the consumer fact sheets or send the fact sheets with pay cheques.
- Insert a “tip of the day” for your company’s newsletter inserts.
- Set up a computer in your company's waiting room or cafeteria and feature interactive components. Encourage staff and visitors to explore “Healthy eating is in Store for You”, a “Recipe Analyzer”, the “Virtual Grocery Store” and “EATracker®” - a tool to assess daily eating and activity levels.

✓ Have copies of the Nutrition Month fact sheets available in lunchrooms, cafeterias or waiting rooms.

✓ Post a Nutrition Month display on bulletin boards. Displays are available from Public Health Services. Email Lynn.Kowblich@saskatoonhealthregion.ca to receive information for your workplace.



www.dietitians.ca/eatwell

✓ Organize a “Cook it up Healthy” challenge. Use the checklist enclosed. Offer prizes to the employee with the most checklist points. Provide cafeteria healthy vouchers or vegetable and fruit baskets as prizes.

✓ Sponsor a “Cook it up Healthy” campaign.

Have staff submit their favorite family recipe they can make in 20 minutes or less. Offer bonus points for recipes that can be cooked in big batches and are freezer friendly. Offer *Simply Great Food* as a draw prize. *Simply Great Food* is Dietitians of Canada latest cookbook featuring easily prepared nutritious & delicious recipes

✓ Feature recipes in your cafeteria from *Simply Great Food*. Work with your cafeteria provider to promote healthy food options in the cafeteria and at work functions or meetings. For assistance in this area call Public Health Nutritionists at 655-4630.

Start in March and “Cook it up Healthy”!

Check the *in motion* web-site for more physical activity and healthy eating ideas (www.in-motion.ca).

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Walking Workout Online

Is your workplace looking for a challenge? There is an online Walking Workout that your co-workers can use to monitor their daily walk. It is promoted as a way a person can challenge themselves, a co-worker, friend, or a family member. If you are physically active already or if you want to be

more physically active you can use the Walking Workout to monitor your own physical activity.

This year, using *in motion's* Walking Workout can be very beneficial for you. Some great prizes are being offered. The more you use the Walking Workout, the

Sign up!
www.in-
motion.ca/walking
workout/

more likely you are to win a treadmill supplied by Flaman Fitness. So log on and sign up to day for your chance to win!

FLAMAN
Fitness

Fitness Trends to Look for This Year

Each year fitness experts, scientists, as well as fitness and lifestyle magazines predict the trends for the upcoming year. This years top 10 are:

1. Fad Diets are out. More people will be focused on well balanced healthy eating plans.
2. Computer monitoring system which monitors calories burned throughout the day by measuring temperature, sweat and more.
3. Fitness Facilities offering quick work-out options.
4. Mind and body activities like Yoga, Pilates, and Tai Chi were popular last year and are predicted to remain so.
5. A personal team comprised of a family doctor, personal trainer, and nutritionist confer to help a participant reach their fitness goals.
6. Personal trainers will continue to be popular this year.
7. Restaurant trend to serve low calorie and reduced-fat foods.

Remember Your New Year's Resolution?

January has come and gone and so have many people's intentions to 'get in shape'. Many people make resolutions for the New Year.

One of the most popular resolutions is to 'get in shape'.

Gym memberships were sold as quickly as candy canes over the holiday season. Most members stopped going even before fitness clothing stores had time to replenish their stock. The reason for this is usually because people do not stick to their new commitment long enough for it to become a habit. Researchers have found that 21 repetitions, or approximately 3 months, are needed for a behaviour to become

a habit. For some people, 3 months is not long enough to form the habit. Changing seasons and weather may interfere with establishing a habit. Keep it up until you do not think about it as an extra part of your day. Setting goals can help you stick it out.

Goal setting should be **SMART**:

Specific - keep your goal focused to clearly define what you wish to accomplish. Ensure that goals are specific, clear, and easy. Ask yourself what am I going to do, why is it important to do, how am I going to do it?

Measurable - decide on an overall result that you would like

to achieve but ensure that you make smaller goals that can be accomplished along the way.

Attainable - a goal should stretch you slightly outside of your comfort zone but is practical enough to be achieved.

Realistic - choose a physical activity that suites your current fitness level.

Timely - set a clear timeline to accomplish your goals.

Goal setting will help you repeat the behaviour of physical activity until it turns it into a habit. Once it becomes a habit it will become part of your everyday lifestyle.

Good luck and stay *in motion!*

Working Towards Health

What can your workplace do to support employees in making wise food choices? Here are some ideas:

Set the Stage

- One way to make a lasting change is to develop a healthy food policy. Bring all levels of staff on board to discuss making healthy food choices the easy choices. Refer to your *in motion* Workplace Wellness resource binder for the Healthy Eating Checklist.

Cafeteria Choices:

- Take a fresh look at what foods are promoted. Consider a poster of a crisp and juicy salad at the cafeteria entrance. Post a message about an ice cold glass of milk beside the milk fridge or on the menu.
- What item is the best price or value? To encourage wise food choices match or lower prices

on healthy foods to make them as attractive as less nutritious foods. Try reducing prices of fresh fruit and vegetables or lower fat items while introducing a small price increase on French fries and other nutrient poor foods.

- What is easy to eat on the run? Fresh fruit, a bran muffin and low fat cheese make a quick, portable lunch. Flag ready-made sandwiches on whole grain bread with 100% fruit juice as fast food for those rushing off to the next meeting.

Vending Options:

- What is promoted on the front of your machines sways



This newsletter is on the Web!

www.in-motion.ca

Look under News

choices. Switch to water or juice fronts and promote healthy choices.

- Increase the number of slots or rows offering water and 100% fruit or vegetable juice.
- Can your vendor provide whole grain cereal bars, low fat popcorn or packaged nuts in snack machines? Are refrigerated machines available that would broaden choices?

At Meetings:

- Always include water when beverages are provided.
- Think whole grain and low fat when choosing catered items.
- Include fresh fruit and vegetables on your order.

If You Are Physically Active and You Know It

When *in motion* initially measured the physical activity levels of people (77%) in Saskatoon the majority of people believed that they were physical active. When their physical activity was measured, it was determined that only 36% were actually physical active enough for health benefits.

Health Canada recommends at least 30 minutes of moderate physical activity on all or most days of the week to stay healthy or improve health.

Physical activity does not necessarily mean heading to the gym. It does not have to be a difficult skill. Nor does it have to be expensive or time consuming. The physical activity that suits all of these characteristics and is most common amongst Canadians is walking. Here are some interesting walking facts:

- On average, every minute of walking can extend your life by 1.5 to 2 minutes. That's about a 2 for 1 trade-off!

- Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year.
- To burn off 1 plain M&M candy, you need to walk the full length of a football field.
- If you walked 40Km per day it would take you 167 days to walk the length of the Nile River.
- It would take 9,610 days or 26.3 years for the average person to walk to the moon.

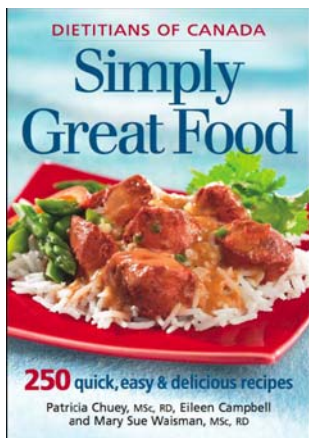
For some great physical activity ideas see the *in motion* web site

Great Food Prep Ideas

Simply Great Food, the new Dietitians of Canada cookbook provides several “food solutions” to help manage time constraints and help Canadians discover the pleasures of cooking and family gatherings.

It answers popular nutrition questions and features 250 outstanding recipes. All recipes have been tested and were submitted by dietitians and taken from the kitchens of everyday Canadian families. These recipes will help you enjoy breakfasts, lunches, snacks and dinners that taste wonderful, yet can be prepared in surprisingly little time.

Order your copy directly at www.dietitians.ca, your favourite bookstore or borrow from your local library.



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Physically Active Smiles

- I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to show up...
- I have to exercise in the morning before my brain figures out what I'm doing.
- I like long walks, especially when they are taken by people who annoy me.
- I have flabby thighs, but fortunately my stomach covers them.
- The advantage of exercising every day is that you die healthier.
- If you are going to try cross-country skiing, start with a small country.
- I don't jog. It makes the ice jump right out of my glass.



Laughter is the best medicine!

Cook It Up Healthy Challenge

Online Healthy Eating Challenge

www.in-motion.ca



Healthy Lifestyles Department
Public Health Services

Take 5 to 10 Your Way

A 6-week program, 2 hours each session, with taste testing, recipes and information on how to choose, prepare and eat more vegetables and fruit each day.

For: Women with children under 14 yrs

If you belong to an organization that would be interested in hosting this program please call Val Irvine, Public Health Nutritionist



Family Fit Tips

Great information on how to keep your family active and healthy.

www.in-motion.ca



DID YOU KNOW....

For every pound of muscle you burn an 30-40 extra calories per day.

Coming Soon!

A new and expanded Canada's Food Guide for preschoolers to seniors with new recommendations on serving sizes for each of the four food groups

Check out:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html in early 2007!

Dates to Remember

- February is the Heart and Stroke Foundation's Heart Month.
- February 6-12 is the National Eating Disorder Information Centre's Eating Disorders Week.
- March is the Dietitians of Canada's National Nutrition Month.



* **For more information on these and other events visit the in motion web site (www.in-motion.ca). "Click" on the "Events/News" button and then on the "Events Calendar" link on the top left side to see more!**